



It's All Greek to Me Egg Mug



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Entire recipe: 117 calories, 2g total fat (1g sat. fat), 459mg sodium, 8g carbs, 1g fiber, 3g sugars, 16g protein

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Prep: 5 minutes **Cook:** 5 minutes

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Ingredients

1/2 cup chopped spinach
1/4 cup chopped red onion
1/2 cup (about 4) egg whites or fat-free liquid egg substitute
2 tbsp. diced tomato, patted dry
2 tbsp. crumbled reduced-fat feta cheese
1/2 tbsp. chopped fresh basil

Directions

In a large microwave-safe mug sprayed with nonstick spray, microwave spinach and onion for 1 1/2 minutes, or until softened.

Blot away excess moisture. Add egg and stir. Microwave for 1 minute.

Stir in tomato, feta, and basil. Microwave for 1 minute, or until set.

MAKES 1 SERVING

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